



# Better Safe!



WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

## IT'S ALL IN THE



If you work at a computer typing for long hours, have hand and wrist injuries or suffer from arthritis, you may have experienced a loss of dexterity in your hands. Look around and you will probably find that one of your coworkers is having the same problem. In fact, one in five adult computer users in our country have difficulty with dexterity.

In order to avoid and reduce pain at work, try to limit your hand and finger movements as much as possible. Take stretching breaks and make sure that you are using a keyboard, mouse and software program that fit your needs.

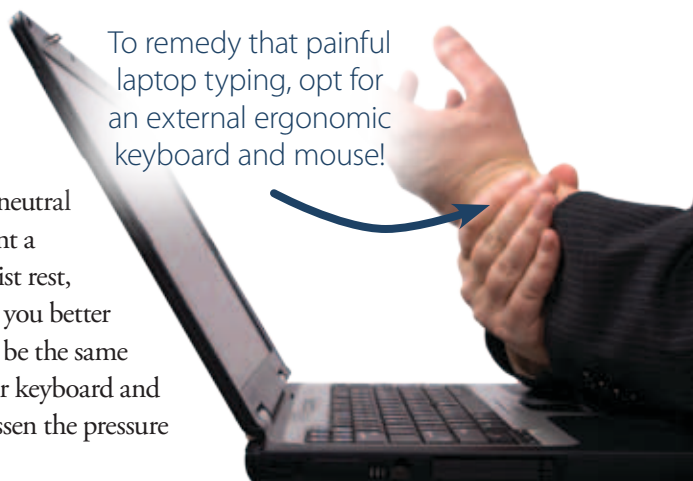
### The Key To A Good Keyboard

Most of your tasks that involve dexterity will be performed on a keyboard. Take these steps to use your keyboard the right way.

1. Put your keyboard directly in front of you
2. Relax your shoulders
3. Keep your elbows close to your body
4. Keep your wrists straight and aligned with your forearms.

If after following these steps you are still having pain, consider buying a special keyboard.

A keyboard with a split design allows you to maintain neutral wrist posture. You will also want a keyboard without a built-in wrist rest, as a separate wrist rest will give you better support. Your wrist rest should be the same width, height and shape of your keyboard and be at least 1.5 inches deep to lessen the pressure on your forearm and wrists.



To remedy that painful laptop typing, opt for an external ergonomic keyboard and mouse!

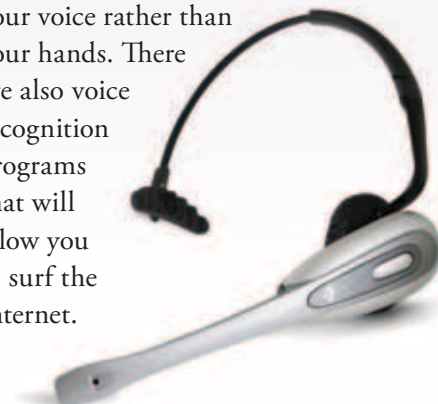
## Is Your Mouse A Pest?

Now that you have made sure that your keyboard is just right, double check your mouse. Make sure your mouse rests next to your keyboard and matches the shape of your hand.



## Look, No Hands! Voice Recognition Software

If you have already made these changes and more are still needed, consider buying a voice recognition software package. These software packages will allow you to perform tasks such as typing documents and creating presentations using your voice rather than your hands. There are also voice recognition programs that will allow you to surf the Internet.



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## Caregiving At-A-Glance

Do you find yourself rearranging your work schedule to take your dad to his doctor appointments? Are you frequently up during the night taking care of your asthmatic daughter? Perhaps you help a chronically ill friend with her weekly shopping? You, my friend, are a caregiver.

Caregivers provide assistance to anyone who is, to some extent, incapacitated and who needs help with his or her personal care, e.g., a husband who has suffered a stroke; a wife with Parkinson's disease; a mother-in-law with cancer; a grandfather with Alzheimer's disease; a son with traumatic brain injury from a car accident; a child with muscular dystrophy; a friend with AIDS.

*Informal caregivers* or *family caregivers* are generally family members, friends, and neighbors who provide unpaid care for someone either full or part-time. They either live with the person being cared for, or live separately. *Formal caregivers* are volunteers or paid care providers associated with a service system.

Nearly 45 million Americans currently provide care that helps their loved ones and friends with chronic or debilitating illnesses remain in their homes or other community settings. Approximately 80 percent of all care received by older adults is provided by family members—spouses, children, grandchildren and other relatives—people just like you.

November is National Family Caregivers month. For additional information and resources to help you in your caregiving role, please feel free to visit the National Family Caregivers Association's website at [www.nfcares.org](http://www.nfcares.org).



There are only four kinds of people in the world—those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.

—*Rosalynn Carter*,  
*Former First Lady of the United States*

Allee, S. (2000, November 16). Nursing school researcher examines role of sleep in warding off depression in cancer caregivers. *On Campus: The University of Texas At Austin*, 27, 23.



### Caregiving Facts

- ⇒ An estimated 59% to 75% of caregivers are female.
- ⇒ Most women will spend 17 years caring for children and 18 years helping an elderly parent.\*
- ⇒ The majority of caregivers in the U.S. are 35-64 years old. However, approximately 1.3 to 1.4 million children between the ages of 8 and 18 provide care for parents, grandparents, and/or siblings.\*\*
- ⇒ Between 25% to 35% of all workers are currently providing, or have recently provided, care to someone age 65 and older.

*Family Caregiving Alliance, Selected Caregiver Statistics, ([www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=439](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=439))*

*\*National Family Caregivers Association (n.d.). Caregiving statistics. Retrieved June 6, 2006 from NFCA Web site: [www.thefamilycaregiver.org/who/stats.cfm](http://www.thefamilycaregiver.org/who/stats.cfm)*

*\*\*Hunt, G., Levine, C., Naiditch, L. (2005). Young caregivers in the U.S.: Findings from a national survey. National Alliance for Caregiving.*



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